



EMSH Insider

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The Wellness Walking Club

On New Year's Day, Diedrich Miller, Infection Prevention Nurse, Community Residential Services, weighed 247 pounds. A week later, he started having blood pressure problems and by February, he realized that it was either time to take control of his health or pop a pill to bring down his blood pressure. He opted for taking control and was among the first to sign up for EMSh's newly formed Wellness Walking Club on February 8th. "I had the highest B/P recorded during a vitals check that day," remarked Dietrich when he attended the WWC's recognition luncheon on April 5th. In taking control of his health, Diedrich was motivated to watch what he was eating. He now eats more times, but very small portions. He works out three times a week and walks five days a week. "I now weigh 215 pounds and my B/P is lower, so no meds for me yet," an elated Diedrich said following the luncheon. "Since January 1st, I have lost 32 pounds, and 4 waist sizes. I feel a lot better, and am now able to play with my kids more."

Robin Cumberland, EMSh Medical Clinic LPN, has also been inspired by the WWC. She wrote the following for the **Insider**: "Heart disease and diabetes both run in my family. Now that I am over 40, I am really starting to see that I need to work on getting in better shape. I have a grandson who I want to watch grow up!" Robin is now walking three times a week, has increased her water intake, and has cut down on eating sweets.

Carrie Silliman, EMSh Phlebotomist, joined WWC to lose weight. At the luncheon, she was awarded the Biggest Loser Award for monitoring her weight from the initial weigh-in on February 8th. By consistently walking five days a week at work during her two 15 minute breaks, and walking two miles every Saturday, Carrie has lost 17 pounds.

Diedrich, Robin, and Carrie are three success stories from the 65 employees who were recognized by EAST MS STATE HOSPITAL and our FRIENDS organization at the April 5th luncheon. "I am very proud of our employees for making the Wellness Walking Club such a success," says Melissa Brewster of Infection Prevention/Employee Health. Melissa, along with IP/EH's Brittany Rushing and EMSh Nurse Practitioner Kristin Kerley were tasked by Mr. Carlisle to form WWC in conjunction with the components of Senate Bill # 2646 which took effect and has been in force since July 1, 2010 for the promotion of wellness among state Agencies. WWC started out with over one hundred employees and 65 co-workers are still going strong. Currently, weigh-ins are being handled through the Medical Clinic on the Ground Floor of Building A. "All walkers who stuck with the program did a great job for the first rotation and many are carrying on," said Kristin Kerley. "We are so excited for this new venture and hope to see more walkers throughout the spring and summer."



WWC recognitions on April 5, 2013
James Murphy---"Most Miles" award. He totaled 132 miles in 8 weeks.
Carrie Silliman---"Biggest Loser" award. She has lost 17 lbs. since February 8th.
Jackie Robinson and Lena Patterson---"Busiest Walker" award.
Business Services---"Spirit" award.
11 WWC member names were drawn to win \$20 Wal-Mart gift cards from FRIENDS



Top Right:
Business Services
Right Center:
Wal-Mart gift card winners
Bottom Right:
The WWC Team



Celebrate Thank You Service

NATIONAL VOLUNTEER WEEK • APRIL 21 - 27, 2013



Jan Egger ~ FRIENDS



Senita Webb

BIRTHDAYS

17th ~ Stephanie Swogetinsky
 Joint Commission
17th ~ Rhonda Stringer
 2 North
17th ~ Mark Jefferson
 2 North
17th ~ Dr. Florez
 Medical Clinic
18th ~ Ember Pitts
 Psychiatric Services
19th ~ Shelly Gordon
 Recreation
19th ~ Shonda Knighton
 Recreation
20th ~ Shearmaine Calaway
 Human Resources
20th ~ Jeanette Pollard
 Housekeeping
20th ~ Teena Walk
 Dental
24th ~ Janet Olmstead
 CRS
24th ~ Vivian Ramsey
 Lewis 4
25th ~ Kristin Kerley
 Medical Clinic
25th ~ Abbey Rush
 Outcome Services
27th ~ Cori Moore
 Friendship Center
28th ~ Louise Clark
 Community Services
30th ~ Deborah Harrington
 Health Records
30th ~ Darnel Grady
 2 North



Stacey Pounders for MLT



Decatur Progressive Woman's Club



Friendship Center Chaplains



5th Street Baptist Church



Poplar Springs UMC



Nancy Myers for MLT

Just about every week in a calendar year celebrates something. This week is no different as we at EAST MS STATE HOSPITAL pause to remember the many contributions that our volunteers make in the name of service to others. Pictured here are but a few familiar faces that can be seen on the Units, along the Christmas parade route, in area churches, and out in the Community. Please make the time to write a personal note of gratitude to a chosen EMSH volunteer and send it to JoAnn Knight to address and mail.



Members are: (Front Row) Christopher Barnes, Charles Carlisle, and Larry McKnight. (Back Row:) Dr. Grace Kelly, Dr. Gloria Gomez, Oya Hampton, Diane Nobles (Chair), and Yolanda McDade.

Joint Commission Update

The Internal Governing Board of East Mississippi State Hospital is responsible for monitoring, evaluating and constantly improving the quality and safety of care, treatment and services provided to our individuals receiving services. The Internal Governing Board meets bi-monthly.

CONGRATULATIONS

25th

Raymond (CDU) & Teena Brewster celebrate 21 wonderful years together.



EAST MS STATE HOSPITAL Shift Commanders (left to right) Aaron Salanguit, Lawrence Card, and LeAdrian Jones, shown with EMSH Police Chief Carlos Colucci, have graduated from the MS Law Enforcement Officer Training Academy in Pearl, MS. The completed ten week course now brings the number of full-time certified law officers at EMSH to 10.

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